

Merry Christmas!

Happy New Year!

From the Staff and Board Members of the Council on Aging, we wish you a peaceful Christmas and prosperity in the New Year.

Join us on December 19th for our Holiday Luncheon at the Senior Center. Entertainment will be provided by Dave Downs. Visit the past with Dave as he recounts favorite personal holiday memories. Step back in time when Christmas trees cost only \$2.00 and we'd sing Christmas carols using the "John Hancock Carol Booklet." Recall walking to town where there was a Five and Dime, a hardware store, and a pharmacy. Sing along with Dave to Jingle Bells and other songs of the season.

LUNCHEON SERVED AT 12 NOON

Baked Ham with Raisin Sauce, Mashed Potatoes, Vegetable, Roll & Butter and a lovely dessert

Raffle Prizes...Santa Claus...Ring in the Holidays with us!!!

\$5.00 per person

RSVP by Friday, December 13th



Come to the COA for Brunch on Dec. 31st at 11:00 AM. Then, at noon, grab your noise maker and ring in 2014 with us!

Holiday Shopping:

Every Monday: Westgate Mall & Market Basket, TJ Maxx, Panera Bread at 10 AM

Wednesdays through December: Randolph/Stoughton:

Sudbury Farms, Randolph, Kohl's, Target, & Ocean State Job Lot
10 AM

Every Friday: Walmart Avon, Christmas Tree Shop, Michael's 9:30 AM

Stop & Shop Brockton & Dollar Tree 11:45 AM

Call the COA to book a ride today! 508-559-0060

Medicare Open Enrollment ends December 7th. Medicare plans change every year. This is the time to choose your coverage for 2014...Free Medicare Counseling is available from SHINE. Call your senior center now, or dial 1-800-243-4636

TRIAD: On January 9th at 12:30 PM, a representative from the Norfolk County Sheriff's Office Triad program will be showing a DVD from the US Postal Inspection Division. The DVD tells the story of Identity Thieves, telemarketing frauds and offers tips on how seniors can avoid becoming victimized by these scams. Come for lunch and stay for the program!



DECEMBER BIRTHDAYS:

1ST Lora Anderson
4th Jason Miller
6th Peter Merlini
8th Rosalie Boley
16th Coleman Anderson
17th Arlene Collier
Frances Persechini
18th Wilma MacDonald



JANUARY BIRTHDAYS:

3rd Bettyann Klimas
4th Florence Stetson
5th Dot Olive
7th Marge Martineau
16th Karen Collum
Everett "Bubba" McGee
22nd Ellen Chute
25th Norma Mercuri
31st Jean Kopke

COUNCIL ON AGING INCLEMENT WEATHER POLICY

During the winter months, if school is closed, there will be no van transportation. When schools re-open, the COA will resume transportation. The office will be open unless Town Hall is closed or if the Governor declares a State of Emergency. Please listen to radio station 1460 AM, local TV stations, or Cable Channel 9 for closures and cancellations. If you call the Council on Aging during a weather emergency and you do not reach the office staff, please leave your name, phone number and a short message. We will call you back.

LUNCH MENU
COME FOR LUNCH ON TUESDAYS & THURSDAYS AT 12 NOON
Suggested donation is \$4. *SPECIAL HOLIDAY LUNCHEONS: \$5.00**

Pizza Luncheons are \$4.00.

Monthly birthday cake every 2nd Thursday!

DECEMBER

3rd	Beef Stew, Corn Bread
5th	Turkey Tettrazini, Bread and Butter
10th	Venus DiMilo Soup, Egg Salad Sandwich
12th	American Chop Suey, Vegetable, Bread & Butter
17th	No Luncheon
19th	CHRISTMAS LUNCHEON Baked Ham, Raisin Sauce, Mashed Potato, Vegetable, Roll & Butter
25th	MERRY CHRISTMAS
31st	HAPPY NEW YEAR!!! Brunch @11 AM Pumpkin Pancakes, Breakfast Sausage, Fruit Cup

JANUARY

2nd	Clam Chowder, Tuna Salad Sandwich
7th	Cream of Broccoli Soup, Ham & Cheese Sandwich
9th	Spaghetti & Meatballs, Salad, Garlic Bread
14th	Beef Vegetable Soup, Grilled Cheese Sandwich
16th	Baked Chicken, Rice Pilaf, Vegetable, Bread & Butter
21st	Hot Dogs & Baked Beans
23rd	Meatloaf, Mashed Potato, Gravy, Vegetable, Roll & Butter
28th	Pizza, Salad
30th	Chicken Noodle Casserole

EFFECTIVE JANUARY 1, 2014: At the meeting of the Council on Aging Board of Directors held on Thursday, November 14, 2013, it was unanimously voted and approved to increase the cost of meals from the \$3.00 suggested donation to \$4.00. This change has been held off for quite some time, but the costs of the program have continually increased. Of course, food has gone up, but so have the costs for the dinner ware, coffee & tea, condiments, including sugar and sugar substitutes, creamers, etc. for your hot beverages. To-go containers for home delivered meals have gone up, along with cups, paper products....well, just everything. We hope this change will not burden you and we look forward to continuing to provide healthy, delicious meals to you.



*Town of Avon, 125th Anniversary
Holiday Festival Celebration*

On Saturday and Sunday, December 7 & 8, 2013 the town will be holding a Holiday Festival Celebration with Carolers, Santa's arrival, Horse & Carriage rides, an Ice Sculptor, Contests and much more! Look for our program which is available at the Avon Coop bank, Library, Town Hall and other areas in the town.

Tickets for New Year's Eve at St. Michael Parish will go on sale the weekend of Nov. 30 and Dec. 1 after all the masses. They will also be sold at the 125th Anniversary Holiday festivities. Tickets are \$25.00 person. 8pm to 1am. Entertainment, decadent deserts, BYOB

A message to the Seniors of Avon from Mary Farrington:

"Are you tired of being stuck in the house? Looking for a place that doesn't cost a lot? Well, let me tell you about the Senior Center! It's a great place where you can make friends, have a cup of coffee, or, on Tuesdays and Thursdays, lunch is served for a small price.

Oh, yes! And transportation is free for Avon residents to the senior center! The van will pick you up at your home and bring you back later. Just call in advance and book your ride at 508-559-0060.

Give us a try and call us to answer any questions and to set up your appointments."